

# =FOOD= ECONOMY

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Recipes for left-overs  
and  
Plain Desserts

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By Mrs. KNOX

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"EAT PLENTY, WISELY AND WASTE NOTHING"





TO MY FRIENDS  
THE HOME MAKERS OF AMERICA



Over thirty years ago I sent out my first book of recipes to the women of America. Mr. Knox had just started his business of making Gelatine and I helped him—by writing a book of recipes for him. It was a queer little book, as I see it now, but it found its way into hundreds of thousands of homes and I have reason to believe that it filled a need in those homes.

To-day, after all these years, a new need has arisen in American homes and I am trying to help American women to meet it, with this book which I am presenting to you here.

Not so very long ago, we heard the call to arms which scattered our fathers, husbands and sons to the four corners of our country. Then we women found that we, too, must respond in our own way by a greater wisdom in spending our money, by a more careful supervision of our home expenses, by a greater knowledge of food values, of how to get the most out of all food supplies and of how to get for our families the greatest possible benefit from the foods we place before them.

To help you in these matters, I have gathered material from the experience of women who, for a life time, perhaps, have taught other women how to buy and prepare and serve foods. These women are leading teachers of domestic science in the United States and to them, both you and I are indebted for much that is helpful in this book.

The rest of the book has been written from the knowledge gained through my own years of housekeeping and home-making. If this knowledge can serve you in any measure as it has me I shall feel very glad and happy to have passed it on.

The recipes and suggestions are all made with a careful thought for what they may save in food, in time, in expense, without the loss of food value, and in the back of the book there are several pages of suggestions which will solve many little vexing problems in the home.

Since 1908 the factory where Knox Sparkling Gelatine is made has been *my* factory and the business *my* business, and I cannot help being proud of it. Built of concrete and glass, allowing the sunshine to penetrate every corner of the building, I have tried to make it a homey place with a happy business family carrying on the work of sending Knox Sparkling Gelatine out into the world. It will interest you to know, perhaps, that not even the most immaculate of these human hands touch our product. But in the manufacturing and the packing, only spotless, sanitary, almost humanly clever machines do that part.

It is a process I should like to demonstrate to you and I hope to have the pleasure some day. If at any time the women reading this message should be in Johnstown, New York, I extend a most cordial invitation to them to visit the home of Knox Sparkling Gelatine. In summer, we will show you sunshine and flowers all about our factory. In winter, there may be only the snow-clad hills outside, but you will find warmth and welcome within.

Mrs. Charles B. Knox.



# FOOD AS AN ENERGY PRODUCER.

Food is that which supplies energy for the activities of the body, materials which enter into its structure, and those which so regulate the vital processes as to produce health.

*Calories:* The energy value of food and the energy requirements of the body are estimated in Calories. It is found that the requirement for one person varies from 2,300 to 3,500 Calories a day.

*Vitamines* are substances which exist in whole grain cereals, fruits, vegetables, brown rice, milk, etc. They are essential for growth and the regulation of body processes. They are found in cereals and vegetables in or near the husk or skin, hence, the importance of non-waste of these essential parts. Knox Gelatine is important in that through its use many fresh vegetables rich in Vitamines may be introduced into the system as salads, etc.

*Protein* is the foodstuff necessary for building muscular tissue. It abounds in lean meat, milk, white of egg, wheat, cheese, beans, etc. It also furnishes heat and energy.

*Carbohydrates* furnish heat and energy; found in cereals, potatoes and some fruits in the form of sugar or starch.

*Fats*, found in butter, cream, olive oil, bacon, etc., also supply energy and heat.

An excess of any of these foods will help the body to store a reserve supply of fat.

Twenty-five portions of food, chosen from the following groups of 100 Calorie portions of food will supply 2,500 Calories, sufficient for the average person for one day.

A wise selection of food is:

4 portions rich in fat.

9 to 12 portions rich in starch.

3 portions rich in sugar.

6 to 8 portions rich in protein.

3 to 4 portions rich in mineral substances.

Table showing approximate amounts of food required to furnish 100 Calories. Many foods might be included in more than one group.

## Foods Rich in Fat

Suet, 1 tablespoon  
Cottonseed oil, 1 tablespoon  
Salt pork, cube 1 by 1 by  $\frac{1}{4}$  inches  
Lard, 1 tablespoon  
Peanut butter, 1 tablespoon  
Butterine, 1 tablespoon  
Olive oil, 1 tablespoon

Bacon, 2 small slices  
Butter, 1 tablespoon  
Chocolate,  $\frac{1}{2}$  ounce  
Walnuts, shelled, 8 halves  
Heavy cream, 2 tablespoons  
Ice cream,  $2\frac{1}{2}$  tablespoons

## Foods Rich in Starch

Cornmeal,  $3\frac{1}{2}$  tablespoons  
Rolled oats,  $\frac{1}{3}$  cup  
Flour,  $\frac{1}{4}$  cup  
Pearl wheat, 3 tablespoons  
Corn starch, 4 tablespoons  
Rice, 2 tablespoons  
Boston crackers, 3

Macaroni,  $\frac{1}{4}$  cup  
Bread, 1 thick slice  
Cornflakes,  $1\frac{1}{4}$  cups  
Shredded wheat, 1 biscuit  
Doughnuts,  $\frac{1}{4}$   
Potato, 1 medium  
Canned corn,  $\frac{1}{3}$  cup

## Foods Rich in Sugar

Granulated sugar, 2 tablespoons  
Molasses,  $1\frac{2}{3}$  tablespoons  
Raisins, 30  
Homemade jams, 2 tablespoons  
Homemade marmalade, 2 tablespoons  
Prunes, 3-5

Dates, 4  
Maple syrup,  $1\frac{2}{3}$  tablespoons  
Honey,  $1\frac{2}{3}$  tablespoons  
Chocolate creams, 2  
Plain cake, small piece

## Foods Rich in Protein

Knox Sparkling Gelatine, 3 tablespoons  
Shelled peanuts, 2 tablespoons  
Dried peas, 2 tablespoons  
Dried beans, 2 tablespoons  
Cheese,  $1\frac{1}{2}$  inch cube  
Milk,  $\frac{2}{3}$  cup

Roast beef, 1 small slice  
Boiled ham, 1 small slice  
Cod or haddock, 5 ounces  
Salt cod, 3 ounces  
Eggs,  $1\frac{1}{3}$   
Chicken, edible portion,  $3\frac{1}{2}$  ounces

## Foods Rich in Mineral Substances and Organic Acids

Potato, 1 medium  
Apple, 1 large  
Banana, 1 large  
Orange, 1 large  
Carrots,  $\frac{2}{3}$  pound  
Onions,  $\frac{1}{2}$  pound

Cabbage, 13 ounces  
String beans, 1 quart  
Spinach, 2 quarts raw  
Grapes, 1 large bunch  
Strawberries, 1 pint  
Lettuce, 3 heads

From "Food Values, Economical Menus"  
By Miss Alice Bradley



## MEAT.

When buying meat have all bones that are removed from roasts and other cuts of meat sent home from the market—they are useful for making stock for soup. When buying meat for soup stock, get a marrow bone—the marrow can be made into nourishing dishes. Suet goes with most cuts of beef. Wipe it carefully with a damp cloth, try out in a slow oven and keep in a covered jar; it is valuable for browning and seasoning purposes. Equal parts of chicken fat, suet and butter make an excellent shortening and can be used instead of butter.

Big layers of clean, sweet, yellow fat found around the gizzard or elsewhere in the chicken may be substituted for butter and used for making cake, puff paste and pie dough. To prepare it, try it out in a double boiler until the fat melts and can be poured off, then strain and use the same as butter.

Beef fat may be used in recipes calling for lard, in many sauces that call for butter and in deep fat frying. Pork, bacon and ham fat may be used in cooking eggs, frying potatoes and mush, baking beans and peas, and seasoning vegetables. Lamb fat may be mixed with some of the softer fats and used as they are used.

Every bit of clean fat trimmed from meat, and every spoonful of drippings, and every bit of grease that rises when meat is boiled may be clarified and is valuable in cooking. "Don't fatten your garbage pail at the expense of your pocketbook."

When meat is boiled the water dissolves out some valuable food and flavoring materials. Save such water for soups, or for use in stews or gravies, or for cooking vegetables. Every bit of meat or fish left over can be combined with gelatine, cereals or vegetables for making meat cakes, meat or fish pies, and add flavor and food value to made dishes. Every spoonful of left-over gravy can be used in soups and sauces, or as flavoring for meat pies, croquettes and vegetables.

Practice the art of good carving. A well carved roast looks better, tastes better and goes further. Let the first use of left-over roast beef be the serving of it sliced cold; cut thin slices of rare beef, arrange nicely on a platter and garnish with something green and crisp. Serve a vegetable salad made with Knox Gelatine at the same meal.

Long, slow cooking is necessary to blend flavors and soften the fibers of some cooked meats, but always keep the heat moderate. Reheated meats need to be more highly seasoned than freshly cooked meats. Every bit of uneaten cereal can be used to thicken soups and stews.

### Spread the Meat Flavor

"Spread the meat flavor over other foods and so economize on the quantity of meat consumed," says the United States Department of Agriculture. The following are a few ways of utilizing left-over meat by spreading the flavor:

#### Left-over Meat and Mashed Potatoes.

Cover the bottom of a small greased baking dish with hot mashed potatoes, add a thick layer of pieces of roast beef (that are not suitable for slicing hot or cold). Chop or cut them in small pieces, season well with salt, pepper and a little onion juice, and moisten with some of the gravy left over from the hot roast, and cover with a thin layer of mashed potatoes. Bake in a hot oven until well heated and the top is a good brown color.

#### Meat Turnovers.

Chop the meat. If the quantity on hand is small mix with it left-over potato or rice. Season with salt, pepper, onion, etc. Place filling on circular pieces of biscuit dough about the size of a saucer. Fold over the dough and crimp edges together. Bake for about one-half hour in a hot oven. A brown sauce made from two tablespoonfuls flour browned in two tablespoonfuls of butter or other fat, to which a cupful of water or stock and a half teaspoonful of salt is added, may be served with the turnovers.



### Mock Duck.

A delicious dish from an inexpensive steak. On a round steak cut thin, place a stuffing of breadcrumbs well seasoned with chopped onions, butter or other fat, salt and pepper, and flavoring such as sage, celery seed, etc., if desired. Roll the steak around the stuffing and tie in several places with a string. If the steak is tough steam, or stew the roll until tender. Roll may be cooked in a casserole, in which case a cupful or more of water should be added.

### Meat Loaf.

Take two cups of any left-over stock, bouillon or diluted gravy, bring to the boiling point and add one envelope Knox Sparkling Gelatine softened in one-half cup cold water. When mixture begins to stiffen, add two cups of any cold chopped meat at hand (veal, ham, beef, or chicken). Also mold in a little red or green pepper, celery, onion if desired, or parsley. Turn into a square mold first dipped in cold water and chill. Remove from mold and cut in slices for serving.

### Ham Mousse.

Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water and dissolve in one-half cup hot water. Add two cups left-over chopped ham. When cool, add one teaspoonful mixed mustard, few grains of cayenne and one-half cup milk. Turn into mold first dipped in cold water. Chill and remove to serving dish. Garnish with parsley.

### Meat and Breadcrumb Cakes.

To four parts of chopped or ground meat, add one part of soaked breadcrumbs, a small quantity of chopped onion, salt and pepper to taste. Mix and form into small round cakes. Brown the cakes in butter or other fat. Raw ground meat may be used. If so the pan should be covered so that greater heat will be applied.

### Left-over Chicken or Any Meat.

Take the pieces of chicken left over, as legs, wings, etc., reheat with the left-over gravy and water added to make sufficient liquid to cover the chicken generously. Season with salt, pepper and onion juice. Cook with this small potatoes. When potatoes are nearly soft, turn the whole into a baking dish and cover with a biscuit dough. Bake a nice brown and serve as a luncheon dish, or make into individual chicken pies—chicken may be removed from bones before adding to pie if desired.

### Jellied Consomme or Bouillon.

Take one and one-half cups of any left-over consomme or bouillon and bring to the boiling point; add one tablespoonful Knox Sparkling Gelatine soaked in one-half cup cold water. Season highly and chill. Beat slightly with a fork or cut in cubes. Serve in cups.

The above may be used as a basis of many combinations, utilizing left-over chicken, eggs, vegetables, macaroni, or rice.

### Aspic Jelly from Chicken Broth.

To a quart of chicken stock, add a little celery, onion, clove, parsley and lemon peel. Let boil well and dissolve in it one and one-half envelopes Knox Sparkling Gelatine that has been soaked in one cup cold water ten minutes. Let stand on back of range for half an hour and strain.

### Luncheon Macaroni with Ham.

Cook two cups macaroni in plenty of boiling salted water; drain, pour cold water through it, and place in a buttered baking dish. Put raw or any left-over cooked ham, enough to make about one cup, through the food chopper, heat in a frying pan, add two tablespoonfuls flour and two cups milk gradually; stir all the while until it boils up thoroughly. Pour the mixture over the macaroni, and add one-half cup grated cheese. Bake in a hot oven for fifteen minutes.

### Vegetarian Nut Meat Loaf.

Soak two tablespoonfuls Knox Sparkling Gelatine in one-half cup cold milk and dissolve in one and one-half cups hot milk. Mix thoroughly one cup cooked rice, one-half cup breadcrumbs, one cup walnut meats or peanuts ground fine, and salt. Add one egg beaten until light. Place in a double boiler and cook fifteen minutes; then add gelatine and milk. Turn into mold which has been dipped in cold water and chill. Serve on a platter garnished with water-cress or parsley.



## MILK.

The value of milk as a food is not always appreciated. It is frequently regarded as a beverage rather than a nutrient, and should be eaten, not swallowed as a beverage. A quart of milk is equivalent in fuel value to three-quarters of a pound of lean beef. Compared with other animal foods, milk is a cheap food and should enter freely into the diet.

The value of skimmed milk as a food also needs to be emphasized, for when used in combination with other foods it forms a very inexpensive source of valuable nutriment. Two and one-half quarts of skimmed milk will yield as much protein as a pound of lean round steak, at less than one-fourth the cost.

Every ounce of skimmed milk or whole milk contains valuable nourishment. Use every drop of milk to drink, or to add nourishment to cereals, soups, sauces or other foods. Always keep cold and well covered. Remember, sour milk, buttermilk and sour cream are valuable in cookery, so do not waste any. They can be used with soda in making hot breads, or sour milk can be turned easily into cottage cheese. Sour cream makes a good shortening in making cakes and cookies, and useful for salad dressing.

Milk when swallowed rapidly as a beverage is likely to form in the stomach in large, hard curds and is slow of digestion. Milk must be sipped slowly in right quantities and in right combinations—do not take milk and meat at the same meal.

### “GELATINIZED” MILK FOR BOTH INFANTS AND ADULTS.

Many people do not like cow's milk or cannot drink it because they have trouble in digesting it, but if one will add about one-half teaspoonful of Knox Sparkling Gelatine—which should first be soaked in a little cold milk and dissolved over hot water or in hot milk—to the glass of milk, it will make the milk not only more digestible but more nourishing as well.

In a series of laboratory tests it was discovered that by far the most important milk modification known to science is “gelatinized” milk, which means the addition of Knox Plain, Granulated Gelatine to the infant's regular milk formula, according to the physician's advice. The gelatine prevents excessive curdling and renders cow's milk as nearly like human milk as it is possible to make it. It insures the easy digestibility of the milk to such an extent that the infant stomach can readily assimilate it and so obtain its full nutritive value. The way to make “gelatinized” milk is to soak one level tablespoonful of Knox Gelatine in half a cup of cold milk, from the baby's formula, for ten minutes. Cover while soaking; then place the cup in boiling water, stirring until gelatine is fully dissolved; add this dissolved gelatine to the quart of cold milk or regular formula.

## BEANS.

When we are taking stock of our food resources, we find beans palatable, nourishing and desirable as meat substitutes. The common white bean, the black bean, dried lima bean and the new soy bean are all important on the food list. The soy bean contains but little starch, making them valuable for the invalid who cannot eat starchy foods, and may be baked without the addition of pork or other fat.

### Soy Bean Loaf.

Wash and soak a pint of soy beans in cold water over night. Next day cook in this water and add a quarter pound of bacon or salt pork, cut in small pieces, and one small onion chopped. Cook until beans are soft. Drain, keeping the liquid for stock soup. Melt two and a half tablespoonfuls drippings in skillet, stir in two and a half cups grated stale bread, or a cup and a half rolled soda crackers, a tablespoonful chopped parsley, two tablespoonfuls chopped green pepper and a teaspoonful salt. Beat an egg and mix in, then add beans and pork. Turn into well greased bread pan and bake slowly for an hour and a half, basting several times with melted drippings.

### Baked Bean Timbales.

Press one cup of left-over baked beans through a sieve, add one-half cup of sifted soft breadcrumbs, one teaspoonful onion juice, one teaspoonful of chopped parsley, one-half teaspoonful paprika, six tablespoonfuls tomato catsup and two eggs well beaten. Mix all together and turn into individual molds well greased, or turn into a single mold. Bake in a pan of hot water until firm in the middle. Turn from the mold and serve hot with a tomato sauce.



## CHEESE.

Cheese is a valuable food, and being rich in protein, may be used as a substitute for meat. A pound of cheese is equal in protein to two pounds of beef.

Cottage Cheese is one of the important meat substitutes. It contains a larger percentage of protein (the chief material for body building) than most meats, and furnishes this material at a lower cost. In every pound of cottage cheese there is about one-fifth of a pound of protein, nearly all of which is digestible. Meats contain less protein and besides have a certain waste such as bone and indigestible material. A pound of cottage cheese supplies all the protein required by the adult engaged in a sedentary occupation.

### Cottage Cheese.

Heat one quart sour milk until lukewarm, add one quart warm water and turn into a strainer lined with cheese cloth. Gather cheese cloth up around curd to form a bag, and let curd hang until free from whey. Rub fine, moisten with melted butter, if desired, and sour or sweet cream. Shape and sprinkle with paprika.

### Cottage Cheese Dessert.

Serve with jelly or preserves and crisp crackers.

### Cottage Cheese Salad.

Form in balls or cut in slices and serve on lettuce leaves with dressing. Chopped pimientos, ground nuts, chopped olives or parsley may be mixed through the cheese to give variety.

### Cheese Straws.

Gather up the trimmings from left-over pastry and roll to a thickness of one-quarter of an inch. Sprinkle one-half with finely grated cheese, salt and a little paprika. Fold, press edges together and roll as before. Repeat this process two or three times, depending on the amount of cheese you wish to use. Then roll out thin, cut in strips five or six inches long and one-fourth inch in width. Place in a shallow pan and bake in a hot oven.

### Cheese Salad.

Moisten with milk and cream, equal parts, two small packages of cream cheese and work until smooth. Add one cup whipped cream and three-fourths tablespoonful Knox Sparkling Gelatine soaked in one-fourth cup cold water and dissolved over hot water. Season highly with salt and paprika, and a little onion if desired, and turn into a mold first dipped in cold water. Turn from mold and garnish platter with lettuce.

### Cheese Souffle or Omelet.

One cup soft, stale breadcrumbs, one tablespoonful butter, one-half teaspoonful salt. Scald one cup milk (skimmed milk will do), put hot milk and butter over breadcrumbs. Beat two eggs separately, very light, put in yolks, then the whites, and add one-fourth pound of American cheese cut up very fine or grated and bake the same as an omelet.

### Left-over Cheese.

All the little dried pieces of cheese should be grated and placed in a covered glass jar. They are excellent for made over dishes, and particularly good to use with starch foods, such as potatoes, macaroni, rice, etc.

### Moist Cheese.

To keep cheese moist and to prevent it from drying out, simply wring out a cloth in vinegar and wrap around the cheese.



## EGGS.

Eggs have a peculiar food value and are rich in protein. Their relative freedom from waste, the ease with which they may be prepared and their use as meat substitutes make them very desirable even when a consideration of their price alone would not so indicate. This is only true, however, when eggs are served as one of the principal dishes of a meal, but not always true when eggs are used in cakes, puddings and other desserts along with the meats. It is in the latter use of eggs that the housewife needs to economize or curtail consumption. A fact that makes this latter practice easier is that with the present availability of baking powder, gelatine and cornstarch, the use of eggs to impart lightness or to thicken liquids is not now so essential as in the past.

Cut the high cost of eggs by preserving them in water glass for winter use. Water glass is an inexpensive liquid that closes the pores of the shells. It can be obtained at any drug store. Use only strictly fresh and clean eggs as dirty eggs will become tainted in flavor. Never wash or clean eggs, as it will remove the protective gelatinous coating. Take one part water glass and ten parts water; boil water, let cool and add liquid glass. Put in a stone jar and add eggs from time to time. Liquid must more than cover the eggs.

Always wash eggs before breaking shells, the shells may then be used for clearing coffee or soup. When uncooked whites or yolks are left over, put them in a cup, cover with a damp cloth and slip a rubber band around the cup. Left-over poached eggs or soft cooked eggs may be returned to hot water and cooked until hard, and may then be chopped and used with cold meat or fish dishes.

When soft boiled eggs are left over, reboil them until hard, put yolks and whites separately through a ricer or sieve and use as a garnish for vegetables. Or, on a thin slice of tomato place a little chopped onion and pepper, the yolks and whites to form a star, and place all on a thin, crisp slice of toast. Use this as a relish for first course for luncheon or dinner.

### **Left-over Whites of Eggs.**

Beat whites of eggs until stiff with a little sugar and salt, and drop by spoonfuls into hot water or milk. Cook slightly, take up with a skimmer, drain, and place on pieces of stale cake covered with jelly or fruits. Dot top of eggs with small pieces of jelly.

### **Apple Whip.**

Take the whites of eggs left over and beat until stiff with sugar and a little salt. Take left-over baked apples or apple sauce and put through a sieve, add the beaten whites, and pile lightly in a glass dish. Decorate with small bits of jelly and keep cold until served.

### **Using up the Yolks for Scrambled Eggs.**

Yolks of three eggs, one whole egg, pepper and salt, one large tablespoonful bacon cut in small pieces, one-half cup milk and one-half tablespoonful butter substitute. Melt butter, add egg mixture and milk and cook slightly. Prepare pieces of toast, dip lightly in hot milk or water and put scrambled eggs on toast. Yolks may be hard boiled even after they are separated from the whites—simply drop them in hot water and keep near boiling point until cooked. Use as a garnish for fish salad, or pressed through a sieve on top of cream soup.

### **Shirred Eggs.**

Take thick slices of stale bread about three inches square, cut off corners and take out the center (using waste bread to roll and dry for other things). Toast nice and brown in the oven. Before taking out of oven, drop a whole egg in and cook for a few minutes.

### **Eggs in Nest.**

Cook spaghetti in salted water until tender, keeping it in as long pieces as possible. When ready to serve, coil spaghetti on a platter to form rings or nests, drop a poached egg in center of nest, and if desired, pour over all a tomato sauce.



## BREAD.

So many good things may be made from stale bread of whole wheat, rye, or Graham or any other kind that it is unwise to waste a single piece. Small pieces of bread should be slowly dried in the oven until brittle, then ground in a meat chopper or rolled, and put away in a glass jar for breading different things, as croquettes, veal, etc., also used for dry or moist stuffing, griddle cakes, steamed bread, bread omelet, toast, puddings and many other uses. Larger pieces of stale bread may be dried in the same way, cut in squares and used in place of crackers for soups or salads.

To save waste, the entire loaf of bread may be brought to the table on a white bread board, round or square, and placed at the left of the housewife with a sharp knife beside it. As the bread is cut, it is placed, with the knife, on a serving plate, and passed in this way.

### Oatmeal Bread.

Pour two cups of boiling water over two cups rolled oats, cover and let stand until lukewarm. Dissolve one yeast cake and one-fourth cup brown sugar in one-half cup lukewarm water, add two tablespoonfuls lard or butter substitute, melted, and add this to the oatmeal and water. Add one cup flour, or enough to make an ordinary sponge. Beat well. Cover and set aside in a moderately warm place to rise for one hour, or until light.

Add enough flour to make a dough—about three cups, and one teaspoonful salt. Knead well. Place in a greased bowl, cover and let rise in a moderately warm place until double in bulk—about one and one-half hours.

Mold into loaves, fill well-greased pans half full, cover and let rise again for about one hour. Bake forty-five minutes in a hot oven.

One-half cup chopped nuts may be added, if desired.

### Rye Bread.

Crumble a yeast cake in a pint of lukewarm water. When dissolved, add a cup of fresh milk that has been scalded, then cooled, and beat in sufficient rye flour to make a sponge, usually about a pint and a half additional. Beat well, cover and set to rise in a warm place out of a draft for two hours. When light, stir in a tablespoonful of melted lard, or lard substitute, two and a half cups additional of rye flour, a tablespoonful of salt and a cup and a half of wheat flour. Knead for five minutes, put in a floured bowl, cover and let rise for two hours when it should be doubled in bulk. Shape in two long rolls or loaves. Put in greased pans and let rise for an hour. Mix the white of an egg with a tablespoonful of cold water and brush the loaves to give a gloss, then slash lightly across the tops in three diagonal cuts, and bake in a slow oven for an hour. Caraway seeds mixed in the dough, about two tablespoonfuls being used to the quantity given, are considered an improvement by many.

### Bread Omelet.

Take one tablespoonful butter, or other fat if desired, one tablespoonful flour, one cup of milk, salt and pepper and make into a white sauce. Pour while hot over one-half cup stale breadcrumbs, mixing well. Beat separately two eggs. Beat yolks into white sauce, lastly fold in the stiffly beaten whites and turn into a well greased frying pan and cook lightly. Set pan in oven a few minutes to dry off the top of the omelet. Garnish with parsley.

### Chocolate Bread Pudding.

Scald one pint milk, add four tablespoonfuls chocolate that has been melted over hot water, one tablespoonful butter, or butter substitute, and one-third cup sugar. Pour over one and one-half cups stale breadcrumbs and beaten yolks of two eggs. Turn into a greased pudding dish and bake about one-half hour. Beat the whites of two eggs very stiff, add two tablespoonfuls of powdered sugar and one-half teaspoonful vanilla. Spread over the top of pudding and place in oven until meringue is a light brown. Serve pudding hot or cold.

### Mock Almonds.

Cut stale bread into one-quarter inch slices. Shape with a small cookie cutter into almond shaped pieces. Brush with melted butter and brown slowly in oven. Serve in soups.



### Oatmeal Griddle Biscuits.

Sift a teaspoonful of baking powder with three-quarters cup of whole wheat flour, and stir into a cup of cold, cooked oatmeal. Add four tablespoonfuls of milk, and stir hard, add also a tablespoonful of melted lard or lard substitute and a half teaspoonful of salt unless the cooked oatmeal was well salted. Drop by spoons on a well greased griddle and bake slowly until both sides are well browned. Turn once only or the cakes will be heavy.

### Sour Milk Griddle Cakes.

Mix together one and one-fourth cups flour, one-half teaspoonful soda, one-half teaspoonful salt, one tablespoonful sugar, one well beaten egg and one cup sour milk. Beat well and bake on a hot griddle.

### Bread Sticks.

Remove the crusts from stale bread. Cut bread in strips about five inches long and one-half inch wide. Roll in melted butter (and if desired, sprinkle with cheese), and brown nicely in oven. Or, instead of butter, drop the bread sticks in hot fat. Serve with cheese instead of crackers.

### Breakfast Food.

Take the crusts from stale bread—entire wheat, Graham, rye or bran—and grind them rather coarsely. Brown to a crisp in hot oven and serve as a breakfast food with cream or hot milk. Dates or figs cut up with them make a pleasing variety.

### Soft Toast.

Toast stale bread. Melt one-fourth cup butter with one-half cup hot water. Dip toast in this, place on hot dish and pour remaining liquid over it. Serve hot.

### Milk Toast.

Toast bread nice and brown. Make a sauce of one tablespoonful butter, or butter substitute, one tablespoonful flour, one cup of milk, salt and pepper. Cook until of creamy consistency, and pour over hot toast.

### Baking Powder Biscuits with Beef Fat.

Sift three cups flour, three teaspoonfuls of baking powder and one and three-fourths teaspoonfuls of salt; cut in three tablespoonfuls beef fat or rub it in lightly with the finger tips. Gradually add one cup milk; mix with a knife. Roll or pat on a floured board to about half an inch in thickness; cut into rounds with a biscuit cutter and put into a baking pan. Bake in a hot oven for about twelve minutes.

### Steamed Brown Bread Pudding.

Mix together one pint breadcrumbs, one cup cold water, one cup molasses, one teaspoonful soda dissolved in a little hot water, one egg, well beaten, one teaspoonful cinnamon, one-half teaspoonful cloves, one-half teaspoonful salt and one cup raisins. Steam three hours. If you have any left-over jelly, melt it with hot water and serve as a sauce.

### Gingerbread with Sausage Drippings.

Add one-third cup hot water and five tablespoonfuls sausage drippings to one-half cup molasses. Mix one-half cup sugar, two cups flour, one teaspoonful ginger, two teaspoonfuls baking powder, one-half teaspoonful soda and three-fourths teaspoonful salt, and sift them. Add the liquid, beating until thoroughly mixed. Bake in a well-greased, shallow pan in a moderate oven for about twenty-five minutes. Bacon drippings may be used in place of the sausage drippings if preferred.

### Popover Cream Puffs.

If popovers are left from breakfast, make an opening in each one just large enough to fill the center. For six popovers take one-half cup cream, two tablespoonfuls sugar and one-half teaspoonful vanilla and one teaspoonful Knox Sparkling Gelatine softened in one-fourth cup milk ten minutes and dissolved over hot water. When mixture is cool, fill popovers.



## CORNMEAL.

Cornmeal costs much less than wheat flour and is high in fuel value for the body, but does not supply as much protein or mineral matter for building tissue as some other cereals. The old-fashioned cornmeal contained the whole grain and was more nourishing, but did not keep as well as under today's process. Many housewives today have a small grist mill and grind their own meal. Cornmeal lends itself to the making of light bread in combination with white flour—either use the raw meal in preparing the dough, or it may be partially cooked before adding to the dough. This makes a better quality of bread.

The great secret of cooking cornmeal is long, slow cooking—this renders it digestible and improves the flavor. To avoid it getting lumpy when cooking, sift it slowly into rapidly boiling water to which a little salt has been added, stirring constantly all the time; or moisten the meal in cold water before adding it to boiling water.

As a substitute for wheat breakfast food, try white or yellow cornmeal or hominy grits, served with cream and sugar, butter, syrup, or fresh or dried fruit. Fried cornmeal mush, fried hominy or cornmeal pancakes made with very little wheat flour, cornmeal codfish cakes, cornmeal scrapple, cornmeal cooked with meat, fish, cheese, eggs or milk will supply nourishing dishes for the hearty courses.

Hominy grits and coarse hominy (sometimes called samp) may be boiled and used like macaroni.

Cornmeal makes excellent raised or light bread, pancakes, waffles, muffins and rolls.

### Cornmeal and White Flour Bread.

Put two and two-thirds cupfuls cornmeal in double boiler, add three and one-half cups of cold water, mix thoroughly and bring to the boiling point and stir frequently for ten minutes. Cool until lukewarm. To this cooled meal add three tablespoonfuls sugar, one and one-half tablespoonfuls salt, three level tablespoonfuls shortening if desired, one cupful white flour and a dissolved yeast cake and two cups of lukewarm water or milk that has been scalded. When this sponge has become very light, beat it thoroughly, add flour, about one quart, and knead until smooth and elastic. Cover and set in a warm place to rise and double its bulk, then mold into loaves and place in greased pans until very light. Bake one hour, first having a very hot oven, then cooling gradually.

By adding two yeast cakes to this recipe less time will be required for its rising.

### Cornmeal Griddle Cakes.

Stir half a cup of cornmeal and half a teaspoonful of salt with half a cup of cold water, then gradually stir into a cup and a half of water, boiling over a quick fire; continue to stir and boil five or six minutes, then let cook in a double boiler twenty minutes; stir in three-fourths cup of cold milk and turn into a mixing bowl; add the beaten yolks of two eggs, one tablespoonful of butter, or other fat, one cup of flour, sifted again with three level teaspoonfuls of baking powder, and the whites of eggs, beaten stiff. Bake at once on a hot griddle. This recipe makes between thirty and forty small cakes.

### Cornmeal Gingerbread.

Mix two cups yellow cornmeal, one-half cup molasses, one cup sugar, two tablespoonfuls shortening, one teaspoonful salt, one cup of sour and one cup of sweet milk together in a double boiler and cook over hot water for about ten minutes after the mixture has become hot. Let cool, add one cup wheat flour, one and one-half teaspoonfuls soda, one teaspoonful cinnamon and one-half teaspoonful each ginger and cloves, sifted together, then one egg well beaten.



### **Corn and Rye Gems.**

Pour one-half cup boiling water over one cup cornmeal and let stand for ten minutes. Sift one-fourth teaspoonful soda into one-fourth cup molasses and stir until it foams; add this to the meal and stir in one cup each whole wheat and rye flour, mixed thoroughly with two teaspoonfuls baking powder and one teaspoonful salt, alternating with one cup milk. Add one-fourth cup raisins rolled in a little flour and two tablespoonfuls shortening, melted. Mix well. Bake in muffin pans half an hour in a moderate oven. This recipe will make eighteen gems.

### **Cornmeal Souffle.**

Heat one pint milk to the boiling point, then add one tablespoonful butter substitute and one teaspoonful salt, and gradually sift into this one-half cup cornmeal. Cook until of the consistency of mush; remove from the fire and whip in the beaten yolks of three eggs, cook a minute longer, and when almost cool fold in the stiffly beaten whites of the eggs. Add one-fourth teaspoonful paprika, two tablespoonfuls grated cheese and a little pepper. Put in buttered baking dish. Set baking dish in another dish of hot water in a moderate oven and bake thirty minutes.

### **Cornmeal or Cereal Molded with Fruit.**

Take cornmeal, wheatena, oatmeal or cream of wheat that has been left over—if very stiff, place in a double boiler, add a little hot milk or water, and stir in a few scalded dates, figs or prunes. Mold in a dish and serve cold as a dessert with cream and sugar.

### **Old-Fashioned Cornmeal Pudding.**

Pour four cups scalded milk over one-third cup cornmeal and cook in a double boiler twenty minutes, add one-half cup molasses, one tablespoonful butter or chopped suet, one teaspoonful salt, one teaspoonful either ground ginger or cinnamon, one-half cup seeded raisins, and one pint cold milk into which has been beaten the yolks of two eggs. Pour into a greased dish. Bake slowly two hours. It should have considerable whey when baked—this whey is used as a sauce when serving the pudding, which may be eaten hot or cold.

### **Eggless Corn Bread.**

Mix and sift one cup cornmeal, one-half cup flour, one-half cup sugar, one tablespoonful baking powder, one teaspoonful salt, two tablespoonfuls melted shortening and one cup milk. Beat thoroughly and bake in greased tins about twenty minutes.

## **D A T E S .**

Few housewives seem to know the value of dates as a food. They combine in so many different ways with gelatine for dessert and salad, and may be used in breakfast cereals, steamed puddings and breads. They are filled with natural sugar, making the fruit valuable.

Add dates, figs or raisins to plain boiled rice or any cereals.

### **Date Pudding.**

Take one-half cup suet, mix with one cup breadcrumbs, add one-half cup sugar, one-half pound dates chopped fine, one-half cup milk, and two tablespoonfuls flour into which has been sifted two teaspoonfuls baking powder. Steam three hours and serve with a sauce, or a tumbler of jelly melted.

### **Cornmeal Pudding with Dates.**

Scald one pint of milk, add one-half cup cornmeal and cook for twenty minutes; add salt, one tablespoonful butter substitute and one-half cup sugar. Pour into a greased baking dish and add one teaspoonful cinnamon, two eggs, well beaten, three-fourths cup of dates cut in small pieces and one pint cold milk. Bake as any custard. Serve with a sauce if desired.

### **Date Bread.**

Pit one cup dates, cut in halves, add two tablespoonfuls sugar and a large tablespoonful butter substitute and work into bread dough. Put in pan, let rise and bake in a slow oven. It may be served hot or cold and makes excellent sandwiches with a nut or fig filling.



## FISH.

Fish should be served at least twice a week.

Some fish lend themselves best to boiling and chowder, others to baking, still others to broiling; almost all of them can be fried—either breaded and fried in deep fat or fried quickly in a little fat. With fish, as with meat, the left-over portions may be made into croquettes, salads, or it may be creamed.

The following is a list of ways in which the different kinds of fish can best be used:

Black bass and sea bass are best fried, the larger ones being baked with bacon, or with creole or tomato sauce.

Bluefish may be baked, broiled and sometimes boiled, but is best broiled or baked.

Butterfish are strictly a pan fish.

Catfish, the very small ones, are breaded and fried in deep hot fat, the second size are panned, and the larger ones are trimmed from the bone and made into fillets, breaded and fried in deep fat. The larger ones may also be made into chowders, soup and deviled fish.

Fresh codfish is best boiled and served with a sauce, but it may be breaded and fried, deviled or made into a chowder.

Halibut is especially good for boiling and frying, for a creamed dish and for salads.

Haddock is good for boiling, chowders, deviling and salads.

Fresh mackerel is good broiled, baked or fried.

Perch are best fried—the larger ones may be split and broiled.

Pike is used in the same way as perch and pickerel.

Salmon is broiled, baked, deviled, scalloped or made into a salad.

Shad is best when baked or broiled.

Shad roe is used plain or for salads or croquettes.

Smelts are breaded and fried in deep fat or fried like other small fish.

Large sea trout, sometimes called weakfish, is good for baking, broiling, boiling, frying, deviling and chowders.

Small trout or brook trout are broiled, but are at their best when fried.

### Jellied Fish.

*For Lunch or Dinner.*

Mix one and one-half cups of any well-seasoned cold flaked, freshly cooked fish with two tablespoonfuls of chopped green peppers or capers, add a little onion juice if desired, a little salt and a dash of mace. Soak one tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water ten minutes, dissolve in one cup boiling water, add two tablespoonfuls lemon juice. Put slices of hard boiled eggs in the bottom of a dish or mold, and add the fish and jelly. Chill and remove to platter and garnish with watercress or lettuce. Use any kind of salad dressing or sauce tartare.

### Fish Bisque.

If you are serving fish save the trimmings, cook them down in a little water, onion and a little mace or nutmeg, then add an equal amount of milk to the liquor, thicken with flour and butter, or other fat, and serve as a bisque.



### Codfish Balls.

Cook two cups potatoes, cut in dice with one cup picked up salt codfish until potatoes are soft and water has about cooked away. Mash with one tablespoonful fine breadcrumbs. When almost cold add the yolk of an egg. Form mixture into balls or cakes, roll in stale breadcrumbs and allow them to stand until hard. Fry one minute in hot fat. Do not allow them to absorb the grease. Garnish platter with parsley when serving, and put a small piece of parsley at each end of codfish ball.

### Fish Balls Baked.

Beat one egg, add one cup cooked fish, one cup cold cooked rice, salt, pepper and one teaspoonful of lemon juice. Form into small balls, place in a greased pan and bake a delicate brown. Serve hot on slices of buttered toast.

### Creamed Fish in Potato Cups.

To one cup of left-over mashed potatoes add one egg yolk. The potatoes must be warm when egg is added—this amount will make four cups. Invert any custard cups or jelly glasses and cover the outside, bottom and two inches of sides with the potato mixture. Smooth over and set away to cool. When ready to use, turn right side up on a well buttered pan and carefully remove. Brush the outside with milk or beaten egg before adding fish. Make a white sauce, add salt, pepper and a little nutmeg, and any flaked white fish. Fill potato cups with mixture and brown lightly in the oven. When serving, garnish with parsley.

### Salmon Mold.

Soften one-half envelope of Knox Sparkling Gelatine in one-fourth cup cold water; dissolve by standing in hot water. Add dissolved gelatine to three-fourths cup boiled salad dressing and one cup left-over salmon (tuna, crab meat, or any flaked fish may be used), add a little salt, paprika and two teaspoonfuls vinegar. Turn into mold and chill. Remove to bed of lettuce leaves and cut in slices. Garnish with slices of lemon.

### Creamed Codfish.

An occasional dish of well-prepared salt codfish is most wholesome, and eaten with a baked potato and a green salad, a meal for an epicure is provided. To have the fish at its best, shred and let stand for a short time in water to cover, let heat in the same water until the water looks slightly milky, then drain. Melt a tablespoonful of butter substitute, add a tablespoonful of flour and rub smooth with a little cold milk. Pour on gradually a cup of milk, stirring until well mixed. Fold in yolks of two eggs, well beaten, and stir until smooth and glossy. Add fish to the hot sauce. (To heat the fish to the boiling point renders it tough and tasteless).

### Browned Salmon and Rice.

Melt one tablespoonful butter or butter substitute, add two tablespoonfuls flour, salt and pepper, and cook together until bubbling. Then add two-thirds cup milk gradually, stirring all the while. Cook until thick and smooth. Then add two-thirds cup salmon and one cup cooked rice. Have a hot greased frying pan ready, pour in the mixture, saute for ten minutes, then bake in a hot oven for twenty to thirty minutes, fold like an omelet, and turn onto a hot platter. This will serve four.



## RICE.

Rice, a convenient starchy food, is nutritious and palatable and digests well. It may be cooked quickly without waste, and is an economical addition to the diet.

Serve occasionally as a breakfast cereal with milk, and if desired, cook dates or raisins with it; combined with cheese, minced meat or poultry, fish, eggs, and beans a variety of dishes may be made; serve as a vegetable with stewed tomatoes with curry powder or a little onion added as a seasoning; use freely in soups.

Left-over boiled rice may be mixed with pancake or muffin batters of wheat, buckwheat or cornmeal; also, with a little meat or vegetable with seasonings for croquettes; or as a filling for baked tomatoes or baked green peppers.

A great variety of substantial desserts may be made using rice as a foundation, with the addition of milk, eggs, fruits, nuts, etc.

The brown or unpolished rice is the more desirable.

### Boiled Rice.

Put one quart boiling water and one teaspoonful salt in a double boiler. Add gradually one cup rice. Cook rapidly, uncovered, from twenty to thirty minutes without stirring. When rice has absorbed all the water, place a tight cover on the double boiler, set on back of range, and let steam finish the cooking. The kernels will be full and distinct, and cooked in this way, rice retains all its nourishment.

### Rice with Egg Sauce.

Line a greased bread pan with warm, salted rice. Cover bottom and sides of pan, fill center with any flaked fish, well seasoned, cover top with rice and steam one hour. Turn on a platter for serving and surround with egg sauce.

Egg Sauce: Melt two tablespoonfuls drippings with three tablespoonfuls flour, salt and pepper. Pour on gradually one and one-half cups milk, or hot water, stir occasionally and boil a few minutes, then add one egg yolk, slightly beaten, and season with one teaspoonful lemon juice or vinegar.

### Left-over Rice.

To hot boiled rice stir in gently one cup seeded raisins and serve as a vegetable; or serve as a simple dessert with maple sugar, cream or milk.

### Rice and Carrots.

Reheat left-over boiled rice in a double boiler and arrange on a platter in a mound. Surround with carrots that have been cooked until tender and seasoned with a little butter, pepper and salt. Serve as a vegetable course.

### Fried Rice.

Pack left-over boiled rice in baking powder cans or a bread tin, rinsed in cold water. When using, turn out, cut in slices and cook first on one side, then on the other in hot drippings or bacon fat. Serve as a vegetable, or as a dessert with syrup.

### Spanish Rice.

Cook for ten minutes in a double boiler one cup rice, two cups water and salt to taste. Place in a frying pan one tablespoonful drippings (preferably lard, to keep it white), one small onion cut in tiny pieces, three tablespoonfuls canned or fresh tomatoes, one small red pepper and one green pepper cut in medium size pieces. Use the fresh peppers whenever possible, otherwise pimientos. A few of the seeds are left in but the white part of the pepper is removed so that it will not be too peppery. Cook altogether for a few minutes, but do not brown, then add to the rice and cook for about an hour and a half without stirring. When ready to serve, the rice should be white and fluffy, and of a thick consistency.



### Rice Griddle Cakes.

One cup cold cooked rice, one-half teaspoonful salt, one-fourth cup sugar, one and one-half cups skimmed milk, two tablespoonfuls melted drippings, one well beaten egg, two and one-half cups flour into which has been sifted two teaspoonfuls baking powder. Beat well and bake on a very hot griddle.

### Rice Cream.

To one-third cup uncooked rice add one quart skimmed milk, one-half teaspoonful cinnamon and salt. Pour into a greased dish and bake three hours in a slow oven, stirring three times the first hour to prevent rice from settling. Should be creamy when baked.

### Rice and Cheese.

Melt three tablespoonfuls drippings, add three tablespoonfuls flour, salt and pepper, and one-fourth teaspoonful mustard. When smooth, add slowly two cups hot skimmed milk and stir until it boils, add one cup cheese cut in small pieces, and when melted mix lightly with one cup cooked rice. Pour in baking dish and cover top with fine breadcrumbs and bake until brown.

### Cold Rice Pudding.

Soak three-fourths tablespoonful of Knox Sparkling Gelatine in one-fourth cup cold water ten minutes, dissolve in one-fourth cup boiling water. Cook one tablespoonful rice in one-half cup water until soft, in a double boiler, adding a little salt. Add dissolved gelatine, one-half cup (altogether) of walnut meats, figs, dates or prunes, and one-fourth cup sugar, then fold in one-half pint of whipped cream. Place on ice. When firm, remove to platter. Milk may be substituted for the cream by adding one-fourth of a tablespoonful more of gelatine.

### Rice Soup with Vegetables.

When boiling rice or barley in a quantity of water, do not throw away the water. Drain into a sauce pan, add diced carrots, bits of celery tops and green onions, a little parsley, or any other tender greens you may have, as cooked peas or string beans cut up. Season with salt and pepper and simmer gently until vegetables are done. More water may be added if necessary. To any water left over from cooking vegetables, simmer in it a cup of good hash made from left-over meat and potatoes, with just enough vegetables in it to give flavor.

### Knox Butter Scotch Rice.

Wash one-third cup rice and cook until nearly tender in a double boiler with two cups of milk, scalded, and one-fourth teaspoonful salt. Meanwhile cook together in a shallow pan one cup of brown sugar and two tablespoonfuls of butter until it gets very dark brown, but not burnt. Add to this the rice and milk and finish cooking until the rice is tender and the caramel melted. Soak one envelope Knox Sparkling Gelatine in one-half cup cold water until it is softened, and then dissolve it in one cup of hot milk. Strain into the cooked rice mixture and turn into a cold wet mold.

### Knox Rice Custard.

Wash one-third cup rice and cook until tender in a double boiler with two cups milk, and one-fourth teaspoonful salt. Beat two eggs slightly, add one-half cup sugar, and add slowly to the rice and milk mixture. Cook about three minutes, stirring constantly. Soak one envelope Knox Sparkling Gelatine in one-half cup cold water until soft, and dissolve it in one cup hot milk. Strain and add to the first mixture, mixing all well together. Flavor with vanilla and turn into a cold, wet mold.



## GELATINE.

One valuable food substance which must not be overlooked by the thrifty housewife today is Knox Sparkling Gelatine. It has become a household necessity.

Not the least of its virtues is its adaptability to so many uses. There was a time when gelatine was considered only when desserts were being planned, but today it has its place in every course from soup to dessert. Salads, puddings, ices, candies, jellies, ice cream and fancy desserts—all have an added tastiness when Knox Gelatine is used.

As a real economy in your cooking its value is unquestioned.

By the use of Knox Sparkling Gelatine, you are enabled to use up all small pieces of meat into a meat loaf, rice and nuts into a loaf used in place of meat, vegetables, left-over berries, fruit and fruit juices (fresh or canned) that are left over into salads and desserts—there is no end to the good things you can use it for. Recipes for these palatable economy dishes will be found scattered throughout this book.

And for specific uses when no other food seems to be quite the thing, Knox Sparkling Gelatine offers a most satisfactory solution. For instance, if you have a convalescent in the house, or an invalid to whom most foods make no appeal, try some of the recipes on page 18.

Or, when you want to give the children a specially happy time make them some pure wholesome candy with Knox Sparkling Gelatine, recipes for which will be found in our other book "Dainty Desserts for Dainty People."

If there are some aged members of your family whose appetites have lost their zest, tempt them with such dishes as can be made only from the recipes with Knox Sparkling Gelatine.

Remember how hard it is to plan a variety of meals for three hundred and sixty-five days in the year and learn in how many ways Knox Gelatine can help you to vary them.

With Knox Gelatine in the house, it becomes a real pleasure to work out the daily menu, and a satisfaction to know it helps cut the high cost of living by enabling us to use all left-overs.

Knox recipes for Salads on pages 19-20.

For Desserts and Jellies on pages 21-25.

Knox Sparkling Gelatine comes in two packages. No. 1 is the plain, unflavored, unsweetened package, enabling you to make jellies, desserts and salads with it, and use the real fruit juices, fresh or canned, which are always superior to any fruit flavors to be found on the market. One package of Knox Sparkling Gelatine makes four pints of jelly, enough to serve twenty-five people. Two packages make a gallon of jelly, sufficient to serve a party of fifty; or, it is so easily measured, you can make an individual dish. With Knox Sparkling Gelatine in the house, you are never at a loss to know what to serve. You are always pleased with results and by its use practicing real economy.

Our other package, the No. 3 Sparkling Acidulated Gelatine, is arranged so conveniently that it meets the wishes of the most busy housekeeper. Besides the two envelopes of gelatine, the same as is in our No. 1 package, there is added in a separate envelope, a lemon flavoring, making it an easy gelatine to use when in a hurry to make jellies, desserts, salads, etc. All you add in using this package is sugar and water, and you have a delicious lemon-flavored jelly ready to serve in a short time, made of the best materials.

This package also makes four pints of jelly.

Compare the cost of two packages of Knox Sparkling Acidulated Gelatine (which makes a gallon of jelly) with any package of lemon-flavored gelatine on the market (it takes eight of them to make a gallon of jelly), and you will find the difference in price is in favor of Knox Acidulated Gelatine. The money saved will buy for you a reasonable amount of sugar, butter, or any of the necessities for the table—which is practicing real economy.



## FOR THE INVALID AND CONVALESCENT TRAY.

Knox Sparkling Gelatine is a plain, straight product, and the flavoring and coloring are packed in separate envelopes in each package and not mixed with the gelatine. To insure the making of attractive, healthful and appetizing gelatine dishes for the sick and convalescent, one should use Plain Granulated Gelatine, and add pure flavors, sweetening, seasonable fruits, etc. Gelatine dishes are taking an important part in dietetics, and physicians are ordering them very largely in the diet of their patients. The careful practitioner, however, recommends only a wholesome, plain gelatine which is found in Knox Sparkling Gelatine.

### Jellied Chicken Bouillon.

*(Individual)*

Make a well seasoned stock from a young fowl, adding celery salt or chopped parsley if an additional flavor is desired. Soak three-fourths teaspoonful Knox Sparkling Gelatine in one tablespoonful cold water five minutes, and dissolve in one tablespoonful boiling water. Add to one-half cup hot chicken stock and chill. Beat slightly with a fork and serve in a bouillon cup.

*NOTE—If it is desired to serve this bouillon hot, add gelatine just the same, as it thickens it and gives more body to the broth.*

### Wine Jelly.

*(Individual)*

Soak three-fourths teaspoonful Knox Sparkling Gelatine in one-half tablespoonful cold water five minutes and dissolve over boiling water. Add one-third cup wine, one teaspoonful orange or lemon juice and one-half tablespoonful sugar. Strain through a double cheesecloth, mold and chill. Remove to serving plate, and garnish with whipped cream sweetened and flavored with vanilla if desired.

### Grape Fruit Jelly.

*(Individual)*

Soak three-fourths teaspoonful Knox Sparkling Gelatine in one-half tablespoonful cold water five minutes. Add one tablespoonful boiling water and one tablespoonful sugar. Place over hot water and let stand until gelatine has dissolved; then add one-third cup grape fruit juice. Strain into a wet mold and chill.

### Grape Juice Sponge.

*(Individual)*

Soak one-half teaspoonful Knox Sparkling Gelatine in one-fourth cup grape juice, and place over hot water until gelatine is dissolved. Strain and when mixture begins to stiffen add white of half an egg beaten until stiff and two tablespoonfuls cream beaten until stiff. Turn into a mold first dipped in cold water and chill. Remove from mold and garnish with whipped cream sweetened and flavored with vanilla.

### Cream Chicken Salad.

*(Individual)*

Soak one-eighth teaspoonful Knox Sparkling Gelatine in three-fourths teaspoonful lemon juice and dissolve in one teaspoonful boiling water. Beat one and one-half tablespoonfuls cream until stiff and add gelatine. When mixture begins to thicken add three tablespoonfuls cold boiled fowl cut in small cubes (using preferably the white meat), mixed with one-fourth tablespoonful chopped parsley and a few grains salt. Turn into an individual mold first dipped in cold water and chill. Remove from mold to crisp lettuce leaves and garnish with a sprig of parsley.

### Invalid's Drink.

A white of egg beaten up with orange juice makes a delicious and sustaining drink for an invalid.



## SALADS.

### Lobster Salad.

Remove the meat from a two-pound lobster, cut it in pieces of uniform size and dress with oil, vinegar and cayenne—let it remain in dressing until well seasoned. Take one envelope of Knox Sparkling Gelatine and soak in one-half cup cold water ten minutes. Place one quart of water in a pan with the outside pieces of celery that cannot be used on the table, add a carrot, an onion and a few sprigs parsley, salt and pepper, and boil gently one hour. There should be two cups of liquid. Add the soaked gelatine and a tablespoonful of lemon juice. Strain and cool.

Drain the lobster from the dressing and add to the clear jelly, and place in mold first dipped in cold water. Remove from mold to nest of crisp lettuce leaves. Garnish with lobster shells and large claws, and serve with mayonnaise dressing if desired. Sardines may be molded the same way.

### Tomato Jelly.

Take one and one-half cups of any left-over tomato stew or soup, bring to the boiling point and dissolve in it one tablespoonful Knox Sparkling Gelatine softened in one-half cup cold water ten minutes. Season well. A little chopped onion, pepper or celery may be added for flavor. Strain, turn into mold and chill. Cut in thin slices and serve on lettuce leaves with mayonnaise, or mold in individual cups.

If any hard boiled eggs are at hand, place slice in the bottom of small cups and fill with the tomato mixture. Or the tomato jelly may be molded in a thin sheet, cut in squares, spread with cream cheese and put together sandwich fashion.

### Tomato Salad.

Make Tomato Jelly mixture. Wash, scrape and cut celery stalks in thin slices crosswise, there should be one cup. Peel and core two large apples, cut in slices and in small pieces. Chop one cup walnut meats. Mix celery, apple and nut meats, and moisten with mayonnaise dressing. Put one tablespoonful Tomato Jelly mixture in each individual mold. Then add celery, apples and nuts and cover with the Tomato Jelly. Chill, turn from molds and garnish with watercress.

### Jellied Vegetables.

Soak one envelope Knox Sparkling Gelatine in one-half cup cold water ten minutes. Add one-half cup vinegar, two cups boiling water, one-half cup sugar and one teaspoonful salt. Strain, and when mixture begins to thicken, add any left-over vegetables on hand, such as string beans, peas, beets, chopped cabbage, a few stalks of celery, a little cucumber or pepper. Turn into a mold first dipped in cold water and chill. May be served with or without mayonnaise and lettuce.

### Fruit Salad Supreme.

Soak one envelope Knox Sparkling Gelatine in one-half cup cold water and add two cups boiling water, one-half cup mild vinegar and one-half cup sugar. Strain, and when mixture begins to stiffen, add three cups fresh fruit, using cherries, oranges, bananas, or cooked pineapple, alone or in combination. Turn into mold, first dipped in cold water, and chill. Remove from mold to nest of crisp lettuce leaves, and accompany with mayonnaise or boiled salad dressing.

### Luncheon Canape or Relish.

To one-half cup left-over boiled salad dressing add one teaspoonful Knox Sparkling Gelatine which has been softened in one-fourth cup cold milk and dissolved by standing over hot water. Add two tablespoonfuls each of finely chopped chives or onion and green pepper. Mold in tiny cups. Toast thin slices of stale bread, cut in square or in fancy shapes, spread with melted butter, and place on this a thin slice of peeled tomato. Unmold gelatine mixture, cut in thin slices and top the tomato. Serve as a first course at luncheon.



### Indian Salad.

Allow a small amount of lemon jelly to harden in individual molds, then fill with the following salad mixture: One-half cocoanut grated, two apples cored and chopped, two cups of celery chopped, three pimentoes, one tablespoonful grated onion, one-third teaspoonful salt. Cover with liquid lemon jelly, and when hardened, unmold and sprinkle with some of the grated cocoanut. Serve on lettuce leaves with mayonnaise dressing. Garnish with pieces of bright red pepper.

### Meat or Fish Relish.

Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water, and dissolve in one-fourth cup hot vinegar. Then add one-fourth cup sugar, one-half teaspoonful salt, one-half teaspoonful celery seed, one-half teaspoonful mustard seed, one and one-half cups finely shredded cabbage and one-half cup thinly sliced onion. Turn into individual molds, which may be lined with canned pimentoes, and chill.

### Baked Banana Salad.

Baked bananas are easily assimilated. Put two bananas in a shallow pan and bake until soft. Force through a coarse sieve. Soften two tablespoonfuls Knox Sparkling Gelatine in one-half cup cold water, dissolve in one cup boiling water. Cool and add to banana pulp, together with one-half cup lemon juice and three tablespoonfuls powdered sugar. Turn into very small cups which have been dipped in cold water, and chill. Turn out, cut in slices and arrange on lettuce leaves. Put a spoonful of mayonnaise dressing on each piece, and garnish with a walnut meat.

### Knox Mayonnaise Dressing.

Mix one teaspoonful mustard, one teaspoonful salt, one tablespoonful sugar and a few grains of cayenne (sugar and mustard may be omitted). Add two egg yolks and when well mixed one-half teaspoonful lemon juice; then add one teaspoonful Knox Gelatine soaked in one-half tablespoonful lemon juice five minutes and dissolved over boiling water. Cool and add two cups olive oil gradually, at first drop by drop, and stir constantly. As mixture thickens thin with three tablespoonfuls lemon juice. Add the oil and lemon juice alternately until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. Olive oil for the making of mayonnaise should be thoroughly chilled. Mayonnaise should be stiff enough to hold its shape.

## ECONOMY IN THE USE OF BUTTER.

Take the top cream from a quart of milk and add enough of the milk to make one pint. Soak one heaping teaspoonful of Knox Sparkling Gelatine in two tablespoonfuls of the milk (cold) ten minutes; place in a dish of hot water until gelatine is thoroughly dissolved. Cut one pound good table butter in small pieces and place same in a dish over hot water until butter begins to soften; then gradually whip the milk and cream (one pint altogether) and dissolved gelatine into the butter with an egg beater. After the milk is thoroughly beaten into the butter, add salt to taste. As long as any milk is seen keep on heating until all is mixed in. Place on ice or in a cool place until hard. If a yellow color is desired, use butter coloring. The remaining milk from the quart may be used for other purposes. This Butter Mixture will do the work of ordinary butter for table use, for baking cakes, muffins and every butter use except frying, and the big advantage of treating butter this way is that you can always have the best grade at less than the cost of the same quantity of low priced butter.



## DESSERTS.

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### Lemon Jelly.

Soak one envelope Knox Sparkling Gelatine in one cup cold water ten minutes and dissolve in two cups boiling water. Add three-fourths cup sugar and stir until dissolved; then add one-half cup lemon juice. Strain into molds, first dipped in cold water and chill. Fruit juices may be used to make a colored jelly substituting them for the hot water. Fruits may be added if desired for a dessert, and vegetables for a salad. Serve the latter on lettuce leaves.

### Jack Frost Dessert.

Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water ten minutes, and dissolve in one cup boiling water, add three-fourths cup sugar, one-fourth cup lemon juice and grated rind of one lemon, strain and set aside; occasionally stir mixture and when quite thick, beat with a spoon until frothy. Add whites of two eggs beaten until stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with a custard made from the yolks of the eggs. A very attractive dish may be made by coloring half the mixture red.

### Orange Jelly.

Soak one envelope Knox Sparkling Gelatine in one-half cup cold water ten minutes, and dissolve in two cups boiling water. Add one cup sugar and stir until dissolved; then add one cup orange juice and two tablespoonfuls lemon juice. Strain into molds, first dipped in cold water, and chill.

### Fruit Jelly.

A cup of fruit juice left over from canned fruit may be used for a jelly dessert. Heat fruit juices, add a tablespoonful Knox Sparkling Gelatine first softened in one-half cup cold water, juice of one-half lemon, and sweeten to taste. Serve with a little top cream or sweetened milk. A sliced banana may be added when it begins to thicken, or, at serving time, jelly may be surrounded with some seasonable fruit.

### Rice Parfait.

Soak one-half envelope Knox Sparkling Gelatine in one cup cold milk and dissolve in two cups hot boiled rice. Add one cup sugar, one-fourth teaspoonful salt, and when cool, fold in one cup cream beaten until stiff. Add one cup chopped nut meats and one teaspoonful vanilla. Turn into a mold and chill. Maple or brown sugar may be used in place of the white sugar.

### Rice Mold with Fruit.

Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water ten minutes and dissolve by standing cup in hot water. Add one-half cup of any canned or fresh fruit juices at hand (cherry, cooked pineapple, raspberry or strawberry are all good), one-half cup sugar and a few grains of salt to one cup cooked rice. Strain into this the dissolved gelatine and mix thoroughly. Cool slightly, add one cup whipped cream or milk. Turn into mold. Mold may be decorated with slices of pineapple or other fruits. Serve with or without cream.

### Coffee Jelly.

Take a cup of left-over coffee, reheat and dissolve in it one tablespoonful gelatine first soaked in one-half cup cold water, add the juice of a lemon and a small amount of sugar. This may be varied by beating into the thickening jelly the white of one egg, and a most delicious Coffee Sponge is the result.



### Blanc Mange.

Soak one envelope Knox Sparkling Gelatine in one-half cup milk ten minutes. Scald three cups milk with three-fourths cup sugar, and add soaked gelatine. Strain, cool slightly, add one teaspoonful vanilla, and turn into a mold first dipped in cold water, and chill. Serve with currant, strawberry, or any preferred jelly. Accompany with sugar and thin cream or boiled custard.

### Rhubarb Jelly.

Soak one-half envelope Knox Sparkling Gelatine in one-half cup cold water ten minutes. Cut one pound rhubarb in one inch pieces, add one cup sugar and one cup boiling water, bring to the boiling point and let boil fifteen minutes. Add soaked gelatine, red coloring, if desired, four tablespoonfuls lemon juice and the grated rind of one lemon. Turn into mold first dipped in cold water and chill. Serve with whipped cream, if desired.

### Grape Juice Jelly.

Soak one envelope Knox Sparkling Gelatine in one-half pint grape juice ten minutes, add two cups boiling water, juice of one lemon and three-fourths cup sugar, and when beginning to set, add one cup Malaga grapes. Turn into mold first dipped in cold water, and chill. Serve with or without cream.

### Date Charlotte Jelly.

Soak one envelope Knox Sparkling Gelatine in one cup cold water ten minutes, and dissolve in two cups boiling water. Add three-fourths cup sugar and one-half cup lemon juice. When mixture begins to thicken, add one cup dates, chopped, one-third cup nut meats and one-half cup fruit cut in small pieces. Pour into mold lined with lady fingers and decorate with whipped cream and dates.

### Nut Frappe.

Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water ten minutes and dissolve over hot water. Add dissolved gelatine to one cup cream, three-fourths cup milk, one-half cup sugar and stir in beaten white of one egg. When cold, add one cup cooked pineapple and strawberries (or conserve may be used), also one cup chopped nuts. Serve ice cold in sherbet glasses.

### Cranberry Frappe.

Soak one-half envelope Knox Sparkling Gelatine in one cup cold water ten minutes. Cook one quart cranberries in three cups boiling water until soft; then force through a sieve. Add soaked gelatine, two and one-half cups sugar and four tablespoonfuls lemon juice, and freeze.

### Peach Snowballs.

Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water and dissolve in one-half cup boiling water. Add two tablespoonfuls lemon juice. Strain, cool slightly and add one cup canned peaches, apricots, or pineapple pressed through a sieve. When mixture begins to stiffen, beat until light; then add whites of two eggs beaten until stiff, and mold in egg cups.

### Cider Jelly.

Soak one envelope Knox Sparkling Gelatine in one-half cup cold water ten minutes. Dissolve in one-half cup boiling water and add three cups sweet cider and sugar to taste. Stir until sugar is dissolved, strain into mold, first dipped in cold water, and chill.

### Cocoanut Cream.

Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water ten minutes. Make a custard of the yolks of two eggs, one-third cup sugar and two cups milk. Remove from range and add soaked gelatine. When mixture begins to set add one cup shredded cocoanut, whites of the eggs beaten until stiff, few grains of salt and flavoring. Line a mold with sections of orange, pour in mixture and chill.



### Jelly Charlotte.

Cut out the center of a sponge cake, leaving the bottom and sides thick enough to hold a pint or a quart of jelly, as is desired. Prepare a lemon, orange, strawberry or grape juice jelly, and when it is cold and just ready to form, turn into the cake and set aside in a cool place or on ice. When ready to serve, cover the top with the chilled froth from a cup of double cream and a cup of milk beaten with a whip churn. Flavor the cream with vanilla and add one-fourth cup of confectioners' sugar before whipping.

### Cottage Pudding.

Soak one-half envelope of Knox Sparkling Gelatine in one-fourth cup cold water ten minutes. Make a custard of two egg yolks, one-third cup sugar, a few grains of salt and two cups milk. Add soaked gelatine to the hot custard and when nearly cool, add whites of eggs, beaten until stiff, two-thirds cup stale cake crumbs and one teaspoonful vanilla. Turn into small cups first dipped in cold water and chill. Any left-over cocoa may be used instead of the milk.

### Fruit Sponge.

Soak one-half envelope Knox Sparkling Gelatine in one-half cup cold water ten minutes, and dissolve in one cup hot fruit juice (using any left-over canned fruit juices). Add one-half cup sugar, one tablespoonful lemon juice and some of the canned fruit, if desired. When mixture begins to set, add white of one egg beaten until light. Beat all well together. Turn into a mold first dipped in cold water and chill.

### Angel Charlotte Russe.

Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water ten minutes and dissolve in one-fourth cup boiling water. Add one cup sugar. When mixture is cold, add one pint cream beaten until stiff, one-fourth pound blanchd and chopped almonds, one-half dozen rolled stale macaroons, one dozen marshmallows cut in small pieces and two tablespoonfuls chopped candied cherries. Flavor with vanilla. Turn into a mold first dipped in cold water, and chill. Remove from mold and serve with cake.

This dessert may be made more elaborate by cutting the top from an angel or other cake and removing some of the inside, leaving a case with three-fourths inch walls, then filling case with mixture, replacing top of cake, covering with frosting and garnishing with candied cherries and blanchd almonds.

### Spanish Cream.

Soak one envelope Knox Sparkling Gelatine in one quart milk ten minutes. Put on fire and stir until dissolved. Add yolks of three eggs and four tablespoonfuls sugar well beaten. Cook in double boiler until mixture thickens somewhat. Remove from stove, and have whites of three eggs well beaten with four tablespoonfuls sugar. Add whites, stirring briskly, until thoroughly mixed. Flavor with one tablespoonful vanilla, add one-fourth teaspoonful salt, and turn into mold. If desired, serve with whipped cream. This will separate and form a jelly in the bottom with custard on top.

### Maple Sponge.

Soak one envelope Knox Sparkling Gelatine in one and one-half cups cold water ten minutes. Put two cups brown or maple sugar and one-half cup hot water in saucepan, bring to the boiling point, and let boil ten minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set, add whites of two eggs beaten until stiff and one cup chopped nut meats. Turn into mold first dipped in cold water, and chill. Serve with a custard made from the yolks of the eggs, sugar and a few grains of salt, milk and flavoring.

### Apple Dessert.

Prepare apples in the usual way for stewing, place in a pie dish with sugar to taste, and the strained juice of a lemon. Cover the top with fine stale bread-crumbs, moisten with a little water and dot the top with small pieces of butter, or butter substitute. Bake until the fruit is soft and the crumbs on top nicely browned. Serve with a hot sauce made with brown sugar and water or a hard sauce.



### Baked Apples.

Choose large apples, core and fill cavity with honey, dot top with small pieces of butter, and bake.

### Knox Grape Juice Sponge.

Soak one envelope of Knox Sparkling Gelatine in one pint of grape juice ten minutes, then heat in double boiler until gelatine has dissolved, add one-half cup granulated sugar and juice of one lemon. Strain into a bowl, allow to cool, stirring occasionally. When mixture begins to thicken, beat with a wire spoon until frothy, add whites of two eggs that have been beaten to a stiff froth. Turn into a mold first dipped in cold water and chill. Remove from mold and serve plain or with a custard sauce made from the yolks of the two eggs, or serve with whipped cream.

### Jellied Prunes.

Pick over, wash and soak one-third pound of prunes for several hours in two cups cold water, and cook in the same water until soft; remove prunes, stone, and cut in quarters. To prune water add enough water to make two cups. Soak one envelope of Knox Sparkling Gelatine in one-half cup cold water, and dissolve in the hot liquid. Add three-fourths cup sugar, and juice of half a lemon, or one-half cup of any left-over fruit juices. Strain. When beginning to thicken mold in prunes and chill. Serve with or without a sauce.

### Chocolate Blanc Mange.

Soak one envelope of Knox Sparkling Gelatine in one-half cup milk ten minutes. Scald three and one-half cups milk, add softened gelatine and three-fourths cup sugar, two ounces grated unsweetened chocolate and a few grains of salt. Turn into a mold first dipped in cold water and chill. Chopped nuts, dates, figs, or raisins may be added. Any left-over cocoa may be substituted for the milk, when chocolate may be omitted.

### Orange Charlotte.

Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water ten minutes, and dissolve in one-half cup boiling water. Add one cup sugar and when dissolved, add two tablespoonfuls lemon juice. Strain, cool slightly and add one cup orange juice (or any left-over fruit juices, or apple sauce may be used). When mixture begins to stiffen, beat well, add white of one egg beaten until stiff, and beat all thoroughly. Turn into a mold lined with strips of stale cake.

### Corn Pudding.

Beat two eggs very light, add one cup milk and stir in two cups of corn cut or scraped from the cob. Add two tablespoonfuls butter, or a substitute fat; season to taste, turn into a greased baking dish, place in a pan in a hot oven and bake until set like custard—either fresh or canned corn may be used.

### Cream Dessert.

When any kind of ice cream is left over and is melted, remove from freezer and use the same day by heating the mixture sufficiently to dissolve some Knox Gelatine that has been soaked in cold water ten minutes, allowing a scant tablespoonful of gelatine to a pint of the melted ice cream. Pour into a mold that has been dipped in cold water. When firm, remove to serving dish and use with a sweetened milk or cream.

### Grape Juice Sherbet.

Soak one-half envelope Knox Sparkling Gelatine in one-half cup cold water ten minutes. Make a syrup by boiling one cup sugar and one and one-half cups water ten minutes, and add soaked gelatine. Cool slightly, and add one pint grape juice and four tablespoonfuls lemon juice, then freeze. Serve in sherbet glasses and garnish with fruit, if desired.



### Orange Ice.

Soak one teaspoonful Knox Sparkling Gelatine in one tablespoonful cold water ten minutes; make a syrup by boiling four cups water and two cups sugar twenty minutes. Add soaked gelatine, two cups orange juice, one-fourth cup lemon juice, and the grated rind of two oranges. Cool, strain and freeze. Other fruit juices may be used in place of the orange juice.

### Fruit Sherbet.

Grate the outside of an orange and lemon. Squeeze out the juice and add one and one-half cups sugar. Soak one-half envelope of Knox Sparkling Gelatine in one-half cup cold milk, and dissolve by standing in pan of hot water. Add two and one-half cups milk, and when ready to freeze add fruit juices and sugar. This makes a large allowance for five persons.

### Lemon Ice.

Soak one teaspoonful Knox Sparkling Gelatine in one cup cold water ten minutes. Make a syrup by boiling four cups of water and two cups of sugar twenty minutes, add soaked gelatine and three-fourths cup lemon juice; cool, strain and freeze. (Gelatine has the same effect in an ice as whites of eggs, making it light and fluffy). Other fruit juices may be used.

### Mint Sherbet or Jelly.

If a mint sherbet is desired to accompany lamb, add four tablespoonfuls bruised mint leaves to boiling syrup in lemon ice. For a mint jelly, follow recipe for lemon jelly, adding two bunches mint leaves to the boiling water; strain.

### Custard Ice Cream.

Soften one teaspoonful Knox Sparkling Gelatine in two tablespoonfuls of milk. Make a custard of one quart of milk, two egg yolks, one cup sugar and a few grains of salt, and dissolve the gelatine in the hot custard. Strain, and when cold, add flavoring (one teaspoonful vanilla) and freeze to a mush. Then add whites of the eggs beaten stiff, and continue freezing. (The addition of gelatine to an ice cream gives it body and smoothness).

## CAKES.

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### Apple Sauce Cake.

One cup and a half apple sauce, one cup sugar, one-half cup butter or vegetable fat, two cups flour, two teaspoonfuls soda in a little warm water, one cup chopped raisins and one-half teaspoonful each cinnamon, mace and clove.

### Black Chocolate Cake.

One cup sugar, one tablespoonful butter or butter substitute, one cup sour milk, one teaspoonful soda, two squares chocolate, nearly two cups flour, and flavor with vanilla.

### Oatmeal Cookies.

Mix together two cups brown sugar and one cup shortening; then add four cups rolled oats, one level teaspoonful salt, and one teaspoonful soda which has been dissolved in one-half cup boiling water. Add one teaspoonful vanilla, cinnamon or any desired flavoring, and enough flour to mix soft. Let mixture stand until thoroughly cold, then roll thin, shape with a cutter and bake. (The colder the mixture becomes, the easier it is to make the cookies thin).

### Sugar Cookies.

Two cups sugar, one cup butter or other fat, three-fourths cup water, two teaspoonfuls soda, one teaspoonful cream of tartar. Flour enough to roll thin. Nutmeg if you wish.

### One Egg Cake.

Cream together one cup granulated sugar and one tablespoonful butter substitute. One egg beaten well in a cup and then fill the cup with milk. Two cups of flour (sift first and then measure). Two teaspoonfuls baking powder. Flavoring.



### War Cake.

Boil two cups water, two cups brown sugar, two-thirds cup shortening, one cup raisins, two teaspoonfuls cinnamon, one-half teaspoonful nutmeg, one teaspoonful cloves and one teaspoonful salt for three minutes. Pour into a large bowl and cool to slightly above tepid. Then sift in three cups flour, one cup cornmeal and two teaspoonfuls baking powder, and one-half cup broken nut meats if desired. Beat well and just before turning the batter into greased and floured loaf pan, add one teaspoonful baking soda dissolved in two tablespoonfuls hot water. Bake this cake in a moderate oven for about forty minutes. Dried apples, apricots, prunes, dates or figs may be used instead of the raisins if desired. Keeps moist for two weeks.

### Fruited Sponge or Cup Cakes.

Cook two cups grated pineapple and one cup sugar until thick and set aside to cool. Soak one-half envelope Knox Sparkling Gelatine in one-fourth cup cold water ten minutes and let stand over boiling water until dissolved. When cool, add to one cup stiffly whipped cream, and beat into the pineapple. Cut off the top of individual sponge or cup cakes, hollow out the center and fill with above paste. Replace top of cake and cover whole of cake with frosting. Decorate with pieces of pineapple and figs. If desired, any fresh or canned fruit may be used in place of the pineapple for making the paste.

### Cream Filling for Cake.

Mix three-fourths cup sugar, one-eighth teaspoonful salt and add two eggs well beaten. Pour gradually on two cups scalded milk. Cook in double boiler, stirring constantly, until mixture coats the spoon, then add one-half envelope Knox Sparkling Gelatine that has been soaked in one-fourth cup cold milk and one teaspoonful vanilla. When cold, spread on cake. By the use of gelatine for cream filling for cakes, cream puffs and other things, you can use less cream.

### Coffee Filling.

Make the same as cream filling, using one cup of hot coffee and one cup hot milk.

### Frosting for Cake.

Soak one teaspoonful Knox Sparkling Gelatine in two teaspoonfuls cold water ten minutes, and dissolve in six tablespoonfuls hot milk; then add two tablespoonfuls melted butter. Stir in confectioners' sugar until the mixture is of the right consistency to spread (the amount required being about two and three-fourths cups) and add one teaspoonful vanilla.

### Custard Pie.

Take one pint of cold milk, in a small portion of which dissolve one teaspoonful cornstarch, and when smooth, add sugar and salt, nutmeg, and one egg well beaten. Beat altogether, pour into a pan lined with pie crust and bake. When pie is baked, the custard will not adhere to a silver knife when tested in the center of pie. If cooked too long, it will be watery.

### Ginger Cookies.

Take one-half cup molasses and fill the cup with brown sugar. Cream with one teaspoonful cinnamon, one-fourth teaspoonful cloves, one-half teaspoonful ginger, a little nutmeg, one-half cup shortening and one well beaten egg. Add one-half cup boiling water in which a teaspoonful of soda is dissolved, and mix with this enough flour to roll out.

### Whipped Cream.

Soak one teaspoonful Knox Sparkling Gelatine in one tablespoonful cold water five minutes, dissolve by placing over boiling water and cool. Mix one and one-half cups cream and one-fourth cup milk and add dissolved gelatine. Beat until stiff, using an egg beater, and add two-thirds cup powdered sugar, one teaspoonful vanilla and a few grains of salt.



## HOUSEHOLD SUGGESTIONS.

Juice is often left over from fresh or canned berries. Add Knox Sparkling Gelatine to it in the proportion of one level tablespoonful of gelatine to one pint of liquid. First soak gelatine in one-fourth cup cold juice, then add one and three-fourths cups hot juice; turn into a wet mold, chill and use as a dessert or salad. When fruit juices do not jell in making jellies, reheat juice and add gelatine that has been soaked in a little cold water in the same proportion as above.

Fruit juices may be canned or bottled when left over, without sugar, and used later as needed by combining with gelatine. Left-over fruit juices may also be used in lemonades.

In a custard recipe calling for several eggs, one or more may be left out if one-half tablespoonful cornstarch is added for each egg omitted.

When you wish a rich, dark meat color for soup, use caramel, which is sugar browned in a frying pan until a golden brown, and then dissolved in a little water.

To warm over biscuits, muffins, or rolls, sprinkle lightly with water, place pan containing them in a pan of hot water and put in oven a few minutes.

Reheat stale crackers by placing them in the oven a few minutes.

Keeping lettuce: After washing it thoroughly, place in a cheesecloth bag and hang up in refrigerator. Use all the outside leaves by shredding them with a sharp knife and making them into a pretty nest for a salad.

To preserve ice in a refrigerator: Wrap top of ice well with thick newspaper, keeping the air from ice.

Soap: Make a small cheesecloth bag four by six inches. Into it place all pieces of hand soap too small to use, and hang bag in bathtub—good for cleaning the tub.

Save all the grease not suitable for cooking purposes and use with lye to make kitchen soap.

A pinch of baking soda added to any boiled syrup will keep it from crystallizing. A teaspoonful vinegar added to homemade syrup will keep it from candy-ing after it stands.

A teaspoonful vinegar beaten into boiled frosting when flavoring is added will keep it from being brittle or breaking when cut.

If syrup goes back to sugar, reheat, add a small piece of butter, and it will be useful as a soft sugar.

A few cloves added to vegetable soup will give it a delicious flavor.

When making desserts or salads with Knox Sparkling Gelatine, and they are wanted in haste, place mold containing them in a bowl with broken ice, mixing it with some coarse salt.

In placing dishes on ice, place a rubber ring from a fruit jar under the dish. Ring will adhere to both ice and dish.

Do not waste any skim milk—make it into cottage cheese.

After boiling salt beef, leave two or three carrots in the liquid until cold—the carrots absorb the salt and the liquid can be used for soup.

To keep vegetables fresh, place them in a deep dish in about two inches of cold water. Take a piece of linen, soak it in water and spread over all, letting the corners dip into the water to keep the cloth moist. Place dish in a window where the air can blow over it.

To dry lettuce, pat it with crumpled paper toweling. It absorbs water quickly and does not bruise the leaves. Lettuce for salad should be well dried and cold.

In boiling corned beef, add a small onion, a pinch of ginger, a few cloves and a bay leaf. This will improve the flavor of the beef.

When cream will not whip, add the white of an egg to it. Let both cream and egg be thoroughly chilled. Then try again and it will whip easily.



Before heating milk in a saucepan, rinse the pan with water and it will not scorch so easily.

To freshen shredded cocoanut, soak it in sweet milk a few moments before using.

When cake or bread is too brown or is burnt, grate with a nutmeg grater until it is a golden brown.

Sugar for fried cakes should be dissolved in the milk to prevent cakes from absorbing the grease while frying.

A few whole cloves in the kettle of fat, give doughnuts a nice flavor.

In making fruit cake, pour half the batter in the pan before adding the fruit, then the fruit will not settle at the bottom of cake.

Cutting bread lengthwise instead of across saves you about two-thirds of the waste—especially when sandwiches are to be cut in fancy shapes.

When making egg custard pies, always heat the milk to the boiling point before mixing with the eggs. If this rule is followed, the undercrust will be crisp.

When filling gem pans, leave one of the small sections empty and fill with water—the gems will never scorch.

When making fruit pies, put in the sugar when the dish is half full instead of on top—the pastry will be lighter.

To brown pies and tarts, use a small pastry brush and brush them with milk before putting them in the oven, and to glaze pies, brush them with the white of an egg if you wish them to be a shiny brown.

When baking large potatoes, cut them in halves—it saves gas and the side cut gets a delicious crust.

Left-over cooked potatoes must not be piled together as they sour quickly. Spread them out on a large dish.

To hasten the cooking of vegetables, add a small pinch of baking soda to the water.

In making rhubarb, cherry or any berry pie that is very juicy, try beating an egg light, and mixing in the sugar required by the fruit; add a little flour, mix thoroughly and then bake as usual. In this way excess of juice will be in the pie and not in the bottom of the oven.

In cooking peas, wash the pods very thoroughly and throw them into a kettle of boiling water. When done, the pods rise to the surface and the peas stay at the bottom—they have a fine flavor when cooked in this way.

Bread should never be wrapped in a cloth as the cloth absorbs moisture and imparts an unpleasant taste.

To keep sandwiches moist, cover them with a cloth wrung out of cold water. Keep them in a cool place and they will keep moist for hours.

Celery tops, save and dry, put into glass jars and use to flavor stews when celery is scarce.

Celery Salt—Save the celery leaves, dry them until crisp, then crush to a powder and mix with an equal amount of salt—good for soups and stews.

When using molasses and it is not as dark as desired for ginger bread or cookies, add a tablespoonful of melted chocolate to molasses and spices, improving the flavor.

When fruit has fermented, reheat it, add a little sugar and make up into pies or tarts.

When jellies ferment, reheat, add a little sugar and water and thicken with cornstarch for hot sauces. To serve cold, follow the above directions, but instead of the cornstarch, add one-half teaspoonful of gelatine that has been first soaked in cold water and then dissolved in hot jelly.

To frost a cake evenly to the very edge and prevent the icing from running down the sides, double a piece of stiff paper and pin it closely about the cake, letting the paper extend about an inch above the top of cake. Spread icing, and do not remove paper until icing is set.



To keep icing soft, add a pinch of baking soda to the whites of the eggs before beating them, then beat in the usual way and pour the hot syrup over beaten eggs, and it will be soft and creamy.

To keep a cake fresh for a long time, when taking from the oven when still hot, pack cake in brown sugar—it will keep fresh two months. Or, take a hot cake, ice it lightly, then set in cake box with a glass filled with cold water to give moisture.

Maple Sugar Frosting—One cup each of maple and granulated sugar, a teaspoonful of butter and three teaspoonfuls of cream. Boil for five minutes and stir until slightly thickened, then dip cakes.

Saving Salt—After freezing ice cream, empty the cracked ice into a sack. When ice has melted, nearly all the salt remains to be used again.

To beat eggs quickly, add a pinch of salt.

Salt often curdles milk. Hence in preparing gravies, porridge, etc., add salt the last thing.

If soup is too salty, add slices of raw potatoes and boil a few minutes, remove them, and if soup is still too salty, repeat the process. The potatoes can be used later in many ways.

When making mayonnaise or cooked dressing that is to be kept for several days, add a little gelatine that has been first softened in cold water and dissolved over hot water.

Peas too hard for serving plain may be cooked until tender, pressed through a sieve and pulp used for soup.

Are you in the habit of wasting stalks of cauliflower? Save them, and next day cut them lengthwise into two or three pieces according to the thickness. Tie in bundles and cook as asparagus; then drain and mask with a white or Hollandaise sauce.

Save all the liquid from your mustard pickles and add it to salad dressing in place of fresh vinegar and mustard. When making meat sandwiches, this liquid may be mixed with the meat.

Save the excess liquor from your pickled peaches—it may be used for mince pies, sauces, etc.

Honey may be used to mix with nuts for sandwiches; also used as a filling for tiny baking powder biscuits.

In a small family, a can of salmon may be divided and used for a salad, creamed for an entree, or minced on toast.

In boiling rice, it is well to plan to have some left over. With an egg, milk, or a little fruit juice added, it will make a delicious pudding; or it may be made into croquettes or cream of rice soup.

A plain lemon jelly left from dessert may be cut up into cubes and mixed with fresh vegetables for a salad.

To make a very economical lemon jelly and use less lemons: First wash lemons and squeeze out the juice. Place lemon skins in cold water and boil. Use this water instead of plain hot water when dissolving the gelatine which has been soaked in cold water. This gives jelly a much stronger lemon flavor.

Fill pastry lined pan with well-flavored apples, pared, cored and cut in eighths. Sprinkle thickly with sugar and pour a few spoonfuls of water over them. Bake until apples are tender, then spread over them halved marshmallows and return to oven to brown delicately.

Peanuts are most nutritious. Combine with rice for croquettes, use them in cookies, and on toast as canapes. For the latter, chop two tablespoonfuls and fry in two tablespoonfuls fat. Mix with a chopped cucumber or a couple of pickles, a tablespoonful table sauce, salt and pepper. Spread on tiny squares of hot buttered toast.

In cooking vegetables, cover those that grow under the ground, as onions, etc., leave uncovered all vegetables that grow above the ground.



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Oatmeal Griddle Biscuits.....	10	Eggs in Nest.....	8
Popover Cream Puffs.....	10	Left-over Whites.....	8
Rye Bread.....	9	Shirred Eggs.....	8
Soft Toast.....	10	Using up the Yolks for Scrambled Eggs	8
Sour Milk Griddle Cakes.....	10		
Steamed Brown Bread Pudding.....	10	Fish	
Butter.....	20	Browned Salmon and Rice.....	14
		Codfish Balls.....	14
Cake—Pie		Creamed Codfish.....	14
Apple Sauce Cake.....	25	Creamed Fish in Potato Cups.....	14
Black Chocolate Cake.....	25	Fish Balls Baked.....	14
Coffee Filling for Cake.....	26	Fish Bisque.....	13
Cream Filling.....	26	Jellied Fish.....	13
Custard Pie.....	26	Lobster Salad.....	19
Frosting for Cake.....	26	Salmon Mold.....	14
Fruited Sponge or Cup Cakes.....	26		
Ginger Cookies.....	26	Gelatine.....	17
Oatmeal Cookies.....	25	Household Suggestions.....	27-28-29
One Egg Cake.....	25		
Sugar Cookies.....	25	Invalid and Convalescent Recipes	
War Cake.....	26	Cream Chicken Salad.....	18
Whipped Cream.....	26	Grape Fruit Jelly.....	18
		Grape Juice Sponge.....	18
Cheese		Jellied Chicken Bouillon.....	18
Cheese Salad.....	7	Invalid's Drink.....	18
Cheese Souffle or Omelet.....	7	Wine Jelly.....	18
Cheese Straws.....	7		
Cottage Cheese.....	7	Meat	
Cottage Cheese Dessert.....	7	Aspic Jelly from Chicken Broth.....	5
Cottage Cheese Salad.....	7	Ham Mousse.....	5
Left-over Cheese.....	7	Jellied Consomme or Bouillon.....	5
Moist Cheese.....	7	Left-over Chicken.....	5
		Left-over Meat and Mashed Potatoes	4
Cornmeal		Luncheon Macaroni with Ham.....	5
Corn and Rye Gems.....	12	Meat and Breadcrumb Cakes.....	5
Cornmeal or Cereal Molded with Fruit	12	Meat Loaf.....	5
Cornmeal Ginger Bread.....	11	Meat Turnovers.....	4
Cornmeal Griddle Cakes.....	11	Mock Duck.....	5
Cornmeal Souffle.....	12	Vegetarian Nut Meat Loaf.....	5
Cornmeal and White Flour Bread.....	11		
Cornmeal Pudding with Dates.....	12	Milk	
Eggless Corn Bread.....	12	"Gelatinized" Milk.....	6
Old-Fashioned Cornmeal Pudding....	12		
		Rice	
Desserts		Boiled Rice.....	15
Angel Charlotte Russe.....	23	Cold Rice Pudding.....	16
Apple Dessert.....	23	Fried Rice.....	15
Baked Apples.....	24	Knox Butter Scotch Rice.....	16
Blanc Mange.....	22	Knox Rice Custard.....	16
Chocolate Blanc Mange.....	24	Left-over Rice.....	15
Cider Jelly.....	22	Rice and Carrots.....	15
Cocoanut Cream.....	22	Rice and Cheese.....	16
Coffee Jelly.....	21	Rice Cream.....	16
Corn Pudding.....	24	Rice with Egg Sauce.....	15
Cottage Pudding.....	23	Rice Griddle Cakes.....	16
Cranberry Frappe.....	22	Rice Mold with Fruit.....	21
Cream Dessert.....	24	Rice Parfait.....	21
Custard Ice Cream.....	25	Rice Soup with Vegetables.....	16
Date Charlotte Jelly.....	22	Spanish Rice.....	15
Date Pudding.....	12		
Fruit Jelly.....	21	Salads	
Fruit Sherbet.....	25	Baked Banana Salad.....	20
Fruit Sponge.....	23	Fruit Salad Supreme.....	19
Grape Juice Jelly.....	22	Indian Salad.....	20
Grape Juice Sherbet.....	24	Jellied Vegetables.....	19
Jack Frost Dessert.....	21	Knox Mayonnaise Dressing.....	20
Jellied Prunes.....	24	Luncheon Canape or Relish.....	19
Jelly Charlotte.....	23	Meat or Fish Relish.....	20
Knox Grape Juice Sponge.....	24	Tomato Jelly.....	19
		Tomato Salad.....	19



# KNOX SPARKLING GELATINE

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## ECONOMICAL—NUTRITIOUS—HEALTHFUL



Yellow Package

This is a reproduction of Knox No. 1 Sparkling (Yellow) package, and is the original, unflavored, unsweetened gelatine that has stood the test of time. It contains two envelopes of Pure, Plain, Granulated Gelatine, and a recipe booklet. This package makes FOUR PINTS of jelly—enough to serve twenty-five people, or it is so easily measured that one can make an individual dish. When Knox Sparkling Gelatine is used in the preparation of attractive, appetizing and nutritious Desserts, Salads, etc., the housekeeper may use her own ingenuity and prepare something different from her neighbor, and the result is an exactly known quality and quantity, because she uses the plain granulated gelatine and adds her own pure flavoring and sweetening.

This is a reproduction of Knox No. 3 Acidulated (Blue) package, called the "Busy Housekeeper's" package because it saves time, labor and expense. It contains two envelopes of Sparkling Gelatine and recipe booklet, the same as the No. 1 package. In addition it contains an extra envelope of Lemon Flavoring which is used in place of lemon juice and saves the cost of lemons and the time and trouble of preparing them.



Blue Package

This is a very popular package with the housekeepers for the reason that nearly every gelatine dish requires lemon juice and with this package it is furnished in concentrated form ready for use. All that is added is water and sugar and the jelly is ready to mold. This package also makes FOUR PINTS of jelly—four times as much as the so-called ready-prepared kinds, and the money you save as well as the high quality of gelatine you receive will prove to you why the majority of housewives use Knox Gelatine. Bear in mind that everything in the Knox packages is packed separately so that the housekeeper may use the plain gelatine for gelatine dishes and the Lemon Flavoring for dishes other than gelatine if she so desires.

The use of either package of Knox Gelatine is not limited to desserts. The most tempting salads, delicious candies, dainty jellies and puddings, and frozen ices, and ice creams are a few other dishes one can make or improve with it.

Send for a copy of "Dainty Desserts for Dainty People," which will show you how to make all kinds of dainty, economical dishes.

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**CHARLES B. KNOX GELATINE CO., Inc.**  
 1100 Knox Avenue :: :: Johnstown, N. Y.



*Knox Sparkling  
Gelatine*

makes

DESSERTS

JELLIES

PUDDINGS

ICE CREAMS

SHERBETS

SALADS

CANDIES